



**Dr Adrian Allen
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Adrian is director and principal clinical psychologist at Hyde Park Clinical Psychology in Sydney's CBD. He specialises in treating depression, anxiety, PTSD, OCD, relationship concerns, work and life stress, burnout, perfectionism, and other emotional difficulties. He spent several years working at the Clinical Research Unit for Anxiety and Depression at St Vincent's Hospital, Sydney, where he continues active research collaborations.

He has worked at the Kiloh Centre at the Prince of Wales Hospital and the Anxiety Treatment and Research Unit at Westmead Hospital. He is a conjoint lecturer for the School of Psychology at the University of New South Wales, a lecturer for the NSW Health Education and Training Institute (formerly the NSW Institute of Psychiatry), a member of the WHO Global Clinical Practice Network and provides clinical supervision to practicing psychologists and clinical trainees.

His research is published in peer-reviewed journals and he presents regularly at national and international conferences.